

Abstract

The present invention provides a composition containing β -glucan in which the physiologically active effects of β -1,3-1,6-glucan contained in a cultured composition of a bacterium belonging to the genus *Aureobasidium sp.* are further enhanced, and a constipation-relieving drug, preparation an immunopotentiator, and a skin moistening agent using the composition. A composition containing β -glucan, which contains a cultured composition containing β -1,3-1,6-glucan obtained by culturing a bacterium belonging to the genus *Aureobasidium sp.* and lactic acid bacterium cells, is obtained. This composition containing β -glucan is employed as an active ingredient of a constipation-relieving drug, an immunopotentiator, or a skin moistening agent. *Aureobasidium pullulans* M-1 (FERM BP-08615) is preferable as the bacterium belonging to the genus *Aureobasidium sp.*. Moreover, *Enterococcus faecalis* is preferable as the lactic acid bacterium. It is still preferable that the lactic acid bacterium has been killed by heating. Furthermore, the content of the cultured composition in solid matters preferably ranges from 1 to 80% by mass in terms of β -1,3-1,6-glucan, while the content of the lactic acid bacterium cells preferably ranges from 4 to 95% by mass.